



THE REFERRAL PROCESS:

- The Creative Expression Centre for Arts Therapy (CECAT) is a statewide community mental health Art Therapy service. CECAT provides free art therapy programs for young people and adults with a primary mental disorder. An outline of our programs is attached.
- **The following referral form is used for ALL referrals from community or inpatient settings. Please complete the referral form along with the Brief Risk Assessment and the Care Co-ordination Agreement. Referrals are not accepted without all forms completed.**
- Art Therapy is a psychotherapeutic process which supports individuals to work through issues affecting their mental health by offering an alternative form of self-expression for insight and personal change. Groups and individual Art Therapy sessions are offered as needed. All our services involve art making with art materials as a means of communication. CECAT is staffed by qualified Art Therapists and Art Instructors.
- Referrals are accepted from mental health professionals such as Psychiatrists, Social Workers Clinical Psychologists, Occupational Therapists, Registered Nurses and GPs. Public and private clients are accepted. Services are free.
- A client must have **continued case-management** within the community to participate at CECAT. CECAT staff regularly liaise with case managers and expect that case managers will keep them informed of changes to their client's management plan or circumstances.
- Once referred, the client is given an initial appointment and orientation to CECAT. If accepted, they are assigned a key worker at CECAT, who works with them to create an individual therapy plan and 3 monthly reviews to assess progress over time. A client may participate for up to 2-3yrs depending upon their clinical needs and may attend several days per week.
- Clients may attend other services whilst at CECAT. Re-referral at a future date is possible if a client can benefit from the program to further their recovery.
- Inpatients on open mental health wards may be referred and assessed for suitability whilst still in hospital. Whilst on an open ward, they may attend CECAT if clinically appropriate, with the support of their treating team. The same referral form is used for all people wishing to attend.

ELIGIBILITY CRITERIA:

- Clients must be aged between **15 and 64 yrs** with a **primary mental health diagnosis** and be motivated to engage in arts therapy for their recovery.
- Clients must be **safe** to work in an open **social setting** alongside others.
- They must also be able to **handle equipment** and other **materials safely** with minimal supervision. Structured groups and individual art therapy sessions are available.
- Clients should be **independent** in their self-care.
- Clients need **no formal art experience**.

EXCLUSION CRITERIA:

- Clients who pose a **high safety risk** or are **aggressive** and unable to share working space with others in a studio setting.
- Clients with **persistent and severe mental disorder who require long-term support**. These clients may be referred to our associated service, **Reflections Art Studio** in Northbridge, also a statewide community mental health service. To contact them, call 08-9227 9083.
- Clients with secondary, moderate to severe developmental or pervasive/learning disorders, brain injury or other organic disorders.
- Clients dependent upon assistance with self-care or mobility, unless they have a support person who can attend with them onsite.

REFERRALS FOR TAFE / CIT COURSE AT CECAT:

- A client must spend at least 6 months attending CECAT prior to assessing their suitability for our Certificate III in Visual Art and Contemporary Craft at CECAT. Fees apply.

Referrals can be mailed to: Manager, Creative Expression Centre for Arts Therapy, Graylands Campus, Brockway Rd, Mount Claremont, 6010, WA. Or fax it to us: 08-9347 6692. For more information, please call us on 08-9347 6687/6688.